



Dear Guests,

Hello and welcome to Swallows Barn

We know that you are looking forward to your holiday and we hope that you have a lovely time with us.

Please take a few minutes to browse through this Holiday Information file – we think it will help you settle in and feel at home.

Should you experience any problems please visit or call Reception where our dedicated staff will do their best to help you.

Should you find anything missing or broken from your inventory (attached) please notify our Reception on the day of your arrival so that we can have the item replaced as soon as possible.

We know you will be eager to be in contact with the outside world and let everyone know you have arrived safely! The Wi-Fi connection details for your property can be found in this file.

We hope you enjoy your stay!

The Park Foot Team



History of Park Foot

Park Foot has a long established history within the community of Pooley Bridge and Lake Ullswater, dating back five generations to the late 1800's. Originally a working farmstead, the Allen family also ran a Bed and Breakfast, collection guests from Penrith railway station by horse and trap. During the war the B & B opened its doors to Belgian and French evacuees.

After the war life gradually returned to normal and Park Foot Mini-Market opened in the 1950's, offering a wide variety of products to holiday makers. Fresh milk was delivered to each camper by the local milkman who navigated the fields in his van.

In 1964 Park Foot closed its farming business to focus solely on tourism. Over the ensuing years Park Foot has grown and evolved and now offers holiday makers a wide selection of accommodation ranging from Camping and Caravanning fields, Holiday Homes and high quality Self-Catering cottages & houses which sleep between 4 and 10 people.

TJ's Bar and restaurant is open all year round (closed January). This is a large, recently renovated restaurant and bar together with a take away. The restaurant offers a wide variety of high quality home-made food, as does the take-away.

Outdoors, Park Foot has private access to Ullswater directly from one of our camping fields and there is a lovely lakeside foot path into Pooley Bridge. We offer a range of activities to ensure that our holiday makers' days are packed with fun and diversity. There are currently **two adventure playgrounds** for under and over 8's. There is also **pony trekking** up onto the fells and a paddleboarding/ activities down at the lake. A **tennis court, table tennis** facilities and a **multi games play area** are provided, and the more adventurous can **hire mountain bikes** from Reception.

The Allen family remain 100% committed to Park Foot, with three generations currently being involved in the development, management and running of the business.



TJ's Bar & Restaurant

You can book a table online at <https://parkfootullswater.co.uk/tjs-restaurant/>, where you are able to choose a specific time and date.

We also have two beer gardens where tables are offered on a first come first served basis.

Please check our website for opening times and the current menu, as these change seasonally.



Play Areas

We have two children's play areas on site: one for 2 – 8 year olds and the other for 8 years and upwards. We ask that your children are supervised at all times, to ensure social distancing is maintained.

Pony Trekking

Park Foot Pony Trekking offers rides on the open fells, giving fabulous views overlooking Ullswater. To book, or for more information, call 017684 86696.

Mountain Bikes

Mountain bikes can be booked at reception. Hire prices for mountain bikes are £25 for a half day (4 hours) or £35 for a full day (8 hours).

Multi-Games Area

Tennis racquets can be hired from reception.

Table Tennis

Table tennis racquets can be hired from reception.

Activity Centre :

Alfresco Adventures (down at our lake access) – More information can be found here:

<https://www.alfrescoadventures.co.uk/who-we-work-with/park-foot-caravan-camping-park/>



Emergency Information

Our **FIRST AID** station is located at **RECEPTION**. Please call 017684 86309 for assistance. Out of office hours visit the A & E in Penrith (details below).

FIRE: Call 999, and then our emergency out of hours number: 017684 86309

Penrith has a small **A & E department**, situated at Penrith hospital on Bridge Lane CA11 8HX

EMERGENCIES such as accidents, severe chest pain, breathlessness, collapse or trauma call 999

C.H.O.C. (Cumbria Health on Call) can be contacted if you need urgent medical advice or care outside surgery hours: Call 111. Alternatively the out of hours doctor can be contacted on 0300 024 7247.

Emergency unit at Carlisle: 01228 603900

You will find **Pharmacies** at Booths, Sainsbury's, Morrisons, Joseph Cowper on King Street and Well Penrith in Middlegate, (All Penrith).

Local G.P. - Birkbeck Medical Group, Bridge Lane, Penrith CA11 8HW. 01768 214620

For **DENTAL emergencies** out of hours you can call North Cumbria CCG on 01228 603900
For other non-urgent dental care, local practices are:

Stricklandgate Dental Practice, 32 Stricklandgate, CA11 7NH 01768 865744

Ghyllmount Dental Practice, Hobson Court, Gillan Way, CA11 9GQ 01768 862291

My Dentist, Gloucester Yard, CA11 7DE 01768 895068



No Smoking policy

Please note that all of our holiday houses have a “No Smoking” policy in force and we ask that you respect this.

HEATING AND HOT WATER

The heating and hot water systems for Swallows barn is run from gas-fired system. The property has its own thermostat per room and the temperature can be adjusted by turning this up or down. We suggest that a temperature of between 15 and 20 degrees should keep you comfortable.

Refuse

Silver refuse bins are available throughout Park Foot.

There is a **re-cycling centre** opposite TJ’s Bar & Restaurant.



Wi-Fi Information

Unfortunately, due to Band width, Wi-Fi is limited and therefore the system cannot cope with downloading movies, streaming, T.V. catch-up services etc.

Please note that it is ONLY for internet surfing and emails.

Connection details for our houses are as follows:

Password: parkfoot



Eating

Our own TJ's Bar and Restaurant offers an excellent range of home-made meals (see menu supplied) and we have a take-away located on the left hand side of reception.

Other local suggestions are:

1863 Bar Bistro, Pooley Bridge	017684 86334
Granny Dowbekins Tea Rooms, Pooley Bridge	017684 86453
The Sun Inn, Pooley Bridge	017684 86205
The Pooley Bridge Inn	017684 86215
Treetops Cafe, Pooley Bridge	017684 86267
The Crown Inn, Pooley Bridge	017684 25869
Queens Head, Tirril	01768 863219
Queens Head, Askham	01931 212350

A good range of eateries including Italian, Indian and Chinese can be found in Penrith.



Shopping

We have an excellent well-equipped shop on site, located opposite Reception.

Should you require larger supermarkets & Foodhalls you will find a good range in Penrith town:

Sainsburys – 1 Common Garden Square, CA11 7FG

M & S Food Hall, 20-27 King Street, CA11 7AG

Cranstons Food Hall, Ullswater Road Ca11 7EH

Morrisons, Brunswick Road CA11 7JU

Booths, Brunswick Road, CA11 7JU

Aldi, Cavendish Way, CA11 7GS

Rheged Food Hall, Redhills, CA11 0DQ

Filling Stations

The nearest filling stations are at the Gulf station in Tirril, on the B5320, and the Esso station at Rheged, on the A6, both within a few minutes' drive from Park Foot. Other stations can be found in Penrith.



Things to Do

Mountain Bike Hire, Park Foot. (Book through reception)

(Suggested routes – 1) Roehead to Stone Circle to Howtown and back – about two hours.

2) Road and Fells over Celleron to Helton and back. 3) By Fell to Roe Head, approx. 2 hours.

There are many, many more rides, both on and off road, around the area, of various length and difficulty.

Ullswater Steamers – Why not **walk** and **ride** around the lake? for instance, catch the steamer at Pooley Bridge and sail to Howtown, then walk along the footpath home to Park Foot. Currently, you cannot catch the steamer from Howtown, you can only disembark there.

Bus Rides. The 508 Bus Route between Penrith and Windermere picks up in Pooley Bridge, outise the Crown Inn. **Why not try an Open-Top Bus Ride?**

Local Walks from Park Foot - see our website for suggestions.

Rheged – will not be open until early Autumn.

Golf Driving Range, Redhills

Scenic **Golf Course** at Penrith. Others nearby at Appleby and Keswick.

Lowther Castle & Gardens – Walk through these reclaimed Victoria gardens (child and dog friendly) and perhaps have a picnic. There is also a café here.









Dalemain Mansion and historic gardens – The gardens reopen on the 6th July, however the house and café remain closed for the

Bus Timetables

The 508 bus route between Penrith and Windermere picks up in Pooley Bridge right outside of the Crown Inn.

Why not try an open-top bus ride around the lakes?

Daily

										
 Penrith rail station	0645	0920	1020	1120	1220	1320	1420	1520	1620	1735
Penrith bus station stand 1	0651	0932	1032	1132	1232	1332	1432	1532	1632	1745
Eamont Bridge	0659	0940	1040	1140	1240	1340	1440	1540	1640	1753
Yanwath Cottages	0701	0942	1042	1142	1242	1342	1442	1542	1642	1755
Tirril	0703	0944	1044	1144	1244	1344	1444	1544	1644	1757
Pooley Bridge Crown Hotel	0709	0950	1050	1150	1250	1350	1450	1550	1650	1803
Gowbarrow Cottages	0716	0957	1057	1157	1257	1357	1457	1557	1657	1810
Park Brow (Aira Force)	0723	1004	1104	1204	1304	1404	1504	1604	1704	1817
Glenridding Greenside Road	0730	1011	1111	1211	1311	1411	1511	1611	1711	1828
Patterdale Hotel	0735	1016	1116	1216	1316	1416	1516	1616	1716	1833
Brotherswater		1023	1123	1223	1323	1423	1523	1623	1723	1840
Kirkstone Pass Inn		1036	1136	1236	1336	1436	1536	1636	1736	1853
Troutbeck		1045	1145	1245	1345	1445	1545	1645	1745	1902
Bowness Pier		1059	1159	1259	1359	1459	1559	1659	1759	1916
 Windermere rail station		1109	1209	1309	1409	1509	1609	1709	1809	1927
Ings										1932
Kendal Sandes Avenue										1944



From Sept 2019 this route may be affected by road works - check online for details

